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Knock down passes only as a last resort. One interception is worth five knock-downs.

10. If you must fill a hole, don't overcharge or penetrate too deeply. Meet the ball-carrier at the hole.

11. If you're gaming and must crash, move on the ball and sell out. However, be under control so that the ball-carrier doesn't run past you.

12. Make effective use of your hands and forearms.

13. In playing the lead-back, play the hole, neutralize the lead back's block by gathering yourself, use a forearm lift, and, while not exposing your blocking pocket, locate the ball-carrier.

14. In playing the isolate, split the backs by dropping to all sixes; keep your head low, arch your back, force upward, and locate the runner. If the isolate blocker's timing is off, you may either unload on one back or split the backs without dropping to the ground.

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